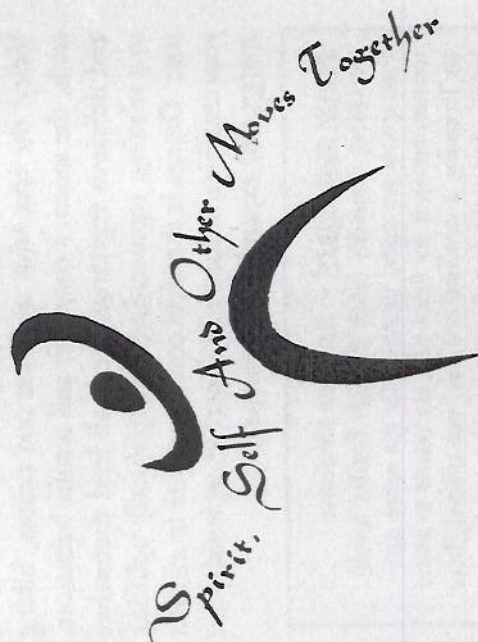


The
Body - Mind
Centering® Association
presents



The 16th Annual BMC®A Conference

April 26 - 29, 2001

Omega Institute
Rhinebeck, NY

BMCA
c/o Judith Ginzberg
55 First Ave. #13
New York, NY 10003

Mail To:

Recall ancient wisdom
Resonate with universal
rhythms
Uncover patterns
Embody cellular memory
Explore limbic knowing
and autonomic wisdom
Deepen awareness
Rekindle bonds
Initiate new connections
Move Touch Feel Flow
Refresh and Regenerate
Together

Omega Institute

Omega has served the public as a holistic education and retreat center for 23 years, hosting many of the most renowned spiritual leaders, creative thinkers and pioneers of the healing arts.

Omega's serene rural setting in the Hudson River Valley, the lake with rowboats and canoes, hiking trails, the sauna, a cozy cafe and terrific bookstore, and delicious vegetarian meals all lend themselves to a relaxing, regenerating, and spiritually uplifting stay. Omega is the ideal conference site to awaken your creativity, deepen your inner life, replenish your energy, and expand your awareness.

Room and Board - Rates are per person (including Thursday lunch through Sunday lunch). Participants are asked to attend for the entire conference, however for those who are unable to attend on Thursday, a weekend rate has been offered (from Friday dinner through Sunday lunch).

	Thurs.-Sun.	Weekend only
Dorm - 8 small single rooms w/shared bathroom facilities	\$190	\$130
B Cabin - double occupancy, bathroom shared with adjoining room	\$285	\$215
A Cabin - double occupancy, private bath	\$340	\$260

Accommodations must be reserved directly with Omega. 50% deposit is required with the reservation. All conference participants must be pre-registered with Omega Institute. Please call Omega at 1-800-944-1001.

Conference Fees

	By 3/26	After 3/26
BMCA Members	\$125	\$150
Non Members	\$175	\$200

Conference Highlights

* Emotional Intelligence and the Limbic System, the B.N.P.'s and Cellular Membrane Tone
with *Toni Smith*

* Evoking the Fluid Body
An exploration of sound and breath in movement and hands-on based on BMC and Continuum.
with *Thomas Greil*

* The Four Dignities of Buddhism
Exploring how our body systems and senses support and respond to our changing relationship through sitting, standing, walking and lying.
with *Joan Whitacre*

* Balancing the Sympathetic and Parasympathetic Nervous Systems
Deepening our exploration based on work Bonnie has presented throughout this past year: emerging out of her healing process.
with *Gale Turner*

* Yoga and BMC: Balance in Motion
Based on Bonnie's current work with cellular and breath support, as well as developmental movement patterns that underlie the various asanas.
with *Roxlyn Moret*

* Bringing your BMC Practice into the 21st Century, Part 2
with *Dan Ruderman*

* Movement Choir
with *Jill Ann Schwartz*

Registration & Payment Form	
Name:	
Address:	
Phone: (Home)	
Phone: (Work)	
Fax:	email:
List of family members attending:	
Will you be using childcare? <input type="checkbox"/> Yes <input type="checkbox"/> No Childcare space is limited. Preregistration is required.	
Childcare for the whole conference.....	\$75
Childcare for the weekend.....	\$50
Conference Fees	
By 3/26	After 3/26
BMCA Members	\$125
Non Members	\$175
Would you like to make a donation to BMCA?	
Please indicate below the donation amount.	
Childcare Fund.....	\$
Travel Fund.....	\$
Journal/web site.....	\$
Total.....	\$
Deposit (Min. \$50 nonrefundable).....	\$
Balance Due.....	\$
Conference Payment Options	
Please make checks payable to "BMCA"	
<input type="checkbox"/> Money Order	<input type="checkbox"/> Check
Credit Card	<input type="checkbox"/> Master Card <input type="checkbox"/> Visa
Name on Card	
Card Number	
Expiration Date	
Total amount to be billed on your card.....	Date
Signature	

Please send your registration and donation to:

BMC®A

c/o Judith Ginzberg
55 First Ave. #13
New York, NY 10003
(212) 477-2713

BMCA CONFERENCE SCHEDULE 2001

Spirit, Self, and Other Moves Together

THURSDAY, APRIL 26

12:00 - 12:30pm	REGISTRATION and Check-in
12:30 - 1:45pm	LUNCH
2:00 - 4:30pm	Balance in Motion: Yoga and BMC with Roxlyn Moret —exploring cellular and breath support as well as Developmental patterns that underlie various asanas
4:45 - 5:45pm	Tummy Time with Catherine Burns —samplings from a workshop for parents and providers
6:00 - 7:15pm	DINNER
7:30 - 8:15pm	Opening Ritual/ Movement Choir with Jill Ann Schwartz
8:15 - 9:30pm	Welcome Personal Introductions and Sharing

FRIDAY, APRIL 27

7:00 - 8:45am	BREAKFAST
8:45 - 9:30am	Morning Warm-up: Yoga with Roxlyn Moret
9:30 - 12:30pm	Annual Meeting and Community Discourse
12:30 - 1:45pm	LUNCH
12:45 - 1:45pm	Journal Meeting (at lunch)
2:00 - 3:00pm	"Monica's Story" with Pierra Teatini —Pierra's award winning paper for the 2 nd Colloquium on Somatic Inquiry (The Sommerville Award)

3:30 - 5:30pm	The Four Dignities of Buddhism <i>with Joan Whitacre</i> — how our body systems and senses support and respond to our changing relationships through sitting, standing, walking, and lying
6:00 - 7:15pm	DINNER
7:30 - 8:30pm	Performance
8:30 - ?	Networking/ Socializing

SATURDAY, APRIL 28

7:00 - 8:00am	Morning Warm-up <i>Saliq Francis Savage</i>
7:00 - 8:45am	BREAKFAST
9:00 - 12:00noon	Emotional Intelligence and the Limbic System, the Basic Neurological Patterns, and Cellular Membrane Tone— <i>with Toni Smith</i>
12:30 - 1:45pm	LUNCH
12:45 - 1:45pm	Membership Meeting
1:45 - 2:45pm	“Tummy Time” Meeting
3:00 - 5:30pm	Balancing the Sympathetic and Parasympathetic Nervous System <i>with Gale Turner</i> fine tuning on Bonnie’s ongoing exploration, which emerged out of and facilitated her healing process
6:00 - 7:15pm	DINNER
7:30 -	Bringing our Practice into the 21st Century, Part 2 <i>with Dan Ruderman</i> Socializing Dancing End of Silent Auction

SUNDAY, APRIL 29

7:00 - 8:00am	Morning Warm-up (to be announced)
7:00 - 8:45am	BREAKFAST
9:00 - 11:00am	Evoking the Fluid Body with <i>Thomas Greil</i> —a movement and hands-on exploration based on BMC and Continuum.
11:00 - 12:00noon	Closing Ritual with <i>Jill And Schwartz</i> and special guest <i>Ninoska Gomez</i>
12:30 - 1:45pm	LUNCH
	FOND FAREWELLS

Note to the Board Of Directors: There will be a Board Meeting on Sunday, April 29, from 2 to 5 pm in the café (or on the porch). Please be on time.

PRESENTATION ABSTRACTS

Spirit, Self, and Other Moves Together

**BMCA Conference 2001
at Omega, April 26-29**

Thursday, April 26 2:00 – 4:30 pm

YOGA and BMC: Balance in Motion with Roxlyn Moret

In the workshop we will take time and space to explore the multi-layers of support in our asanas: cellular, breath, prevertebral patterns, spinal patterns, organs, fluids, neuro-endocrine system, and muscular-skeletal systems.

We'll look at the power of intention and attention, the relationships of parts to whole, and yield to support to an ease of movement.

Roxlyn Moret has been studying movement for over 29 years. The BMC work and yoga have been the culmination of her journey in the creative and healing aspects of movement. She is a CMA, a modern dancer, and has experience with the Cranial-Sacral work, Visceral Manipulation, and shiatsu.

Thursday, April 26 4:45 – 5:45 pm

TUMMY TIME with Catherine Burns

Catherine will share samplings from a workshop for childcare providers on the importance of babies having time on their bellies. This workshop introduces the idea that movement organizes and develops the brain and body.

The Tummy Time meeting (Saturday at lunch from 1:45 TO 2:45pm) is a community dialog on working together for marketing and public education for specific application. What specific actions can members take for mutual self help?

Cat Burns teaches prenatal classes and developmental play groups and offer privates for Moms and babies. She has two rambunctious darlings, Aaron –10 and Lee—7.

Thursday, April 26 7:30 – 8:15 pm

OPENING RITUAL/ MOVEMENT CHOIR
with Jill Ann Schwartz

Friday, April 27 8:45 – 9:30 am

MORNING WARM-UP/ YOGA
with Roxlyn Moret

Friday, April 27 2:00 – 3:00 pm

'MONICA'S STORY'
with Pierra Teatini

"I would like to share bits and pieces of the paper I wrote for the Somerville Award, 2nd edition, highlighting why it is so important for us to sense, notice, collect, remember, record, write, tell, diffuse, broadcast the stories we, our clients, our loved ones, daily spin in body and mind and soul and spirit. Like Nancy Mellon says, 'storytellers have as profound a purpose as any who are charged to guide and transform human lives' – each collecting and arranging, '.....vital pictures; behind these live universal ordering principles.' And so do we.

Piera Nina Teatini has been following for more than twenty years the intuition that, for a human being in good state of health (regardless of symptoms), creativity is a natural secretion. She's presently serving that spark through training, coaching, counseling individuals and organizations, integrating her BMC Practitioner and NLP Trainer curricula through a deep felt affiliation to systemic thinking, feeling and acting.

Friday, April 27 3:30 – 5:30 pm

THE FOUR DIGNITIES OF BUDDHISM
with Joan Whitacre

"The Four Dignities" connotes the "respect inspiring deportment of the Buddha" in each of the four activities of sitting, standing, walking, and lying. We exemplify ourselves as human beings during the activities of sitting, standing, walking, and lying. Since we spend most of our "living" time in one or other of these activities, and they support all manner of life sustaining and creating activities, they offer us ongoing opportunities to explore and enhance our somatic-movement potential.

Using sensing and movement sequences, this workshop will explore how our body systems and our senses support and respond to our changing relationship with the earth, surrounding space, and others, as we sit, stand, walk, and lie, and transition from one to the other.

Joan Whitacre is currently writing a book on "Contemplative Healing: the power of embodied presence." She has been engaged for many years in creating an integrated synthesis of her study and experiences in the somatic-movement arts, Buddhism, and contemplative practices. She is a certified practitioner of Body-Mind Centering, a registered movement therapist, and a certified meditation instructor and teacher in the Buddhist tradition. Joan obtained her M. A. in Movement Studies and pursued doctoral studies at Teachers College, Columbia University. Among her many accomplishments have been the development of Responsive Massage in 1979, the creation of Embodiment Education in 1989, the production of a radio show on mind-body medicine, and the founding of The Wellbeing Project in 1991.

Saturday, April 28 7:00 – 8:00 am

MORNING WARM-UP

With Saliq Francis Savage

Saliq Frances Savage is a Certified Laban Movement Analyst and Certified Teacher at the School for Body-Mind Centering. He studied Bartenieff Fundamentals and Orthobionomy, both having deeply influenced his work. For the past 9 years, Saliq has been teaching a rich blend of Contact Improvisation, Authentic Movement, BMC and hands-on bodywork techniques throughout the world. Most recently, he has turned his attention toward choreographing and directing.

Saturday, April 28 9:00 – 12:00 pm

EMOTIONAL INTELLIGENCE and the LIMBIC SYSTEM, THE BASIC NEUROLOGICAL PATTERNS, and CELLULAR MEMBRANE TONE

with Toni Smith

Can we bond? Do we argue? Do we have consistent temperamental responses? Do we retreat? Do we love, play, and celebrate? These tendencies and more are electronically "wired" in the limbic aspect of the brain. As we evolve and develop, the rational, logical, neo-cortex tempers our responses, yet our congenital history; Instincts and learned habits prevail throughout our development to dominate our interpersonal relations as well as our relationships to ourselves. The research of Daniel Goleman has introduced emotional intelligence as an indicator ranking higher than IQ in life's trials and successes. Body-Mind Centering has tools to address shifts in emotional

patterns via the vertebrate Basic Neurological Patterns, neural radiation and cellular membrane tone.

Participants will be introduced to the “vicious” cycle of membrane tone, limbic intelligence, the B.N.P.’s and our emotional interactions. They will witness, appreciate, and practice interventions in their own and other’s patterns using BMC principles. Participants will discuss their findings and view videotapes of choreography that demonstrates emotional tone as a further illustration and stimulus for discussion. Examples of BMC and application that adjust emotional habits will be listed and discussed.

***Toni Smith** has a private BMC practice in Troy, New York. She is a guest lecturer, consultant and workshop leader in dance, arts administration, and BMC. Toni Smith is currently a member of the NYS DanceForce, taught on the dance faculty of Skidmore College for 8 years, was Artistic Director of the National Museum of Dance and founded Partners in Dance: a Consortium of Capital Region Dance Sponsors.*

Saturday, April 28 3:00 – 5:30 pm

BALANCING THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS
with Gale Turner

Deepening our exploration based on work Bonnie Bainbridge Cohen as presented throughout this past year: emerging out of her healing practice.

***Gale Turner** has B.A. in Dance and Theatre, is a Registered Movement Therapist and is a Certified by the National Certification Board of Therapeutic Massage and Bodywork. For eighteen years, she was a performer, assistant director and co-choreographer with Meredith Monk and has performed and taught internationally. She has extensive experience teaching, moving meditation, improvisation and tai chi and is the Co-director of In – Motion.*

Saturday, April 28 7:30 pm

BRINGING YOUR PRACTICE INTO THE 21st CENTURY, part 2
with Dan Ruderman

Dan will follow up on last year’s program. The group will have a chance to share and learn ideas such as how to build a practice, how to price your work, finding and communicating your “Unique Value Proposition.”

What did you do last year that really helped you? Bring a story to share and a willingness to succeed. The session should be fun and educational.

Dan Ruderman has been in sales and marketing for almost 15 years now. He lately has been focusing not on how to make ends meet, but how to make ends make Celtic crosses and other labyrinthine patterns.

Sunday, April 29 9:00 – 11:00 am

EVOKING THE FLUID BODY—an exploration of sound and breath in movement and hands-on based on BMC and Continuum Movement.
with Thomas Greil

Our basic life form is fluid. We carry the ocean within. Through vibration we can awake our ancient nervous system, which is fluid based, and enhance communication between tissues and body systems. The fluid system is the link between the endocrine system and the nervous system. When cells first started to organize, they secreted specific substances to communicate with each other. Much later—when cells evolved to tissues and organ systems—there was a need for an electrical nervous system. We still carry this wisdom in us. When we start to vibrate, we resonate with all fluids and become one fluid body. Sound and breath are two powerful ways to get beyond our cultural limitations, to go under. In this workshop we will explore the synergy of BMC and Continuum Movement and apply it to Hands-On work.

***Thomas Greil:** I graduated in 1998 in Amherst. I got involved into BMC and bodywork through my deep love and caring for our daughter, Janina. Before that I worked as a music journalist. I hold a Masters Degree in Communication and Psychology. I currently teach BMC and maintain a little private practice working with babies, little children with special needs and also adults with a focus on neurological syndromes.*